

HOW TO GO TO THE NEXT LEVEL WITH LESS EFFORT



Intuitive Mentor



How To Go To The Next Level With Less Effort

We are going to talk about how to take yourself to the next level of your life with less effort. You can look at your health or well-being or another area of your life.

I love to help people to feel self-fulfilled on a personal level, which means it makes it easier for them to feel fulfilled in their everyday life.

But how do you take your life and yourself to the next level with less effort? First of all you do it by celebrating! Celebrating? What do I mean by that?



Think about these questions. Do you grow when you constantly keep targeting yourself and being demanding on yourself and requiring yourself to be a certain way?

Do you think you will grow, or are you depressing your energy? How do you think you can grow faster? The first thing to stop is being so demanding on yourself.

Instead, say to yourself, "I am the perfect idea in the divine mind. I'm doing the best that I can".

Say these words again and again, every single day. That's 1 step you can take.



What about the celebration? What do I mean? If I am a positive mentor for you, if I compliment you, if I give you a high 5 and I believe in you, will you grow or will you die? Of course, you will grow.

So the more you believe in yourself, the more you will grow and the more you celebrate the fact that you waking up to a new day.

When you celebrate your progress, when you celebrate the happiness, even though it's already there, you will be grateful to the universe and the universe is going to make sure that you have it tomorrow.



So, your biggest growth tool is celebration.

Did you know that when the elite athletes train for the Olympics, they celebrate their achievements even though they did not live up to the fullest potential?

Your nervous system is created it in such a way that it acts on stimulus. For example; when you go for a run or you have lost 5 pounds and you celebrated, your system remembers the last time you did this. It remembers and says "I got a reward that was some kind of positive reassurance and positive energy flow. So I'm going to do it better the next time".



So when you celebrate your growth your nervous system remembers it and says, "I liked the last time, it was so good, so I want to do more tomorrow".

For example: Let's say you have two children in school sitting next to one another.

One would get bullied and put down and the other would get so many compliments. Which one will grow the fastest? The one who was positively reinforced.

Notice what's going on in your life and remember to celebrate all the good things that you're doing.



You might say to yourself, today I'm not doing well, but look back and see if you're doing better than yesterday or a month ago, or year ago.

We all have our days where we feel like we are going backwards but as long as we are moving forwards, isn't that something to celebrate?

I do not mean celebrate by eating or drinking something but a celebration where you move your body and do movements that activate your nervous system, so your nervous system, the next time, says, "Oh, I'm going to remember this stimulus".



So once you do the thing you told yourself to do, remember to celebrate.

Going back to my example in school, the child is going to remember all the critique that it received.

This child is going to do the best that it can to improve but it remembers the critique. Whereas the other child that was positively reinforced in the classroom will find life easier.

Positive stimuli, positive responses help you grow, so make sure that you celebrate every single day.



If you wake up today and you feel less tired than yesterday, isn't that something you should celebrate? Because what it means is tomorrow you're going to feel even better.

I've had chronic pain for many, many years, so when I don't have pain, I remember to honour my body and say thank you. Thank you. Thank you. Thank you.

If I feel bad in my body or if I have pain, which I sometimes I get if I'm too stressed, I say to myself, I love my body.

I go behind my closed eyes and say, "I understand why you're tired or hurting.



I didn't take good care of you yesterday". I might sometimes even celebrate that the pain is there, because it's there to tell me something.

My pain is there to tell me to slow down. My pain is there to tell me how to live and not think.

If you are trying to lose weight and you celebrate that you only lost 100 grams, your body will remember that celebration stimuli in your nervous system and will more easily go to the next level.

So the best thing you can do to the end of your physical life is celebrate.



So celebrate the fact that you are alive.
Celebrate the fact you are breathing.
Celebrate how far you've come. Celebrate the
person that you have become and you will
more easily go to the next level.

Remember this - CELEBRATE

Celebrate the fact you have the difficulties
you have because they're there for a reason.

Your fear in your lower limited self, your lower
limited beliefs cause the challenges that you
have. So recognise and honour the messages
from your body when you have pain,
because it has a message for you.



For me, my messages tell me to slow down, take care of myself, to be more grateful for what I have and to be more aware of the challenges.

Challenges are there to teach us something. We are capable of growing once we become aware of all the challenges in our lives and the messages they are here to teach us.

I hope you get something out of this. Remember when you celebrate you can take your life to the next level. You can easily take your life to the next level when you start your celebration. Practise your celebration process every single day.



All the best in working to take your life to the
next level.



**This Ebook is a collaboration between Zanne
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